



QUICK REFERENCE NUMBERS

Your Ombudsmen:

Michelle Bandini

Theresa Banks

Kara Salka

Heather Hopkins

Important Numbers

**Fleet and Family
Support Center**
257-NAVY

TRICARE Appointment Line

(800) 404-4506

Provider Advice Line (Medical)

(800) 899-5758

Northwest Region

MWR Website:

www.navylifepnw.com

Military ONESOURCE (24/7)

www.militaryonesource.com

(800) 342-9647

THE BATGRAM

VQ-1 FAMILY NEWSLETTER
May 2009

FAREWELL MESSAGE from SKIPPER



World Watchers,

It has been both an honor and a pleasure to serve as your Commanding Officer. I would like to thank each and everyone of you for your hard work and dedication, because of your efforts we can proudly call ourselves the greatness reconnaissance squadron in the Navy! To the families I would like to say a special thank you, without your love and support we would not be able to function as a squadron. I know that the squadron will soon be in very capable hands, I wish CDR Giannetti and all of you the best of luck and success in the future. Thank you for making this such a memorable tour for Margie and me. Take care and best wishes!



FROM YOUR OMBUDSMEN

Dear World Watcher Families,

Spring time is finally here! We hope everyone is enjoying the sunny weather!

You have four wonderful Ombudsmen here to help you with referrals and to act as liaisons between our VQ-1 Families and the Chain of Command. Please give them a call if they can help you with any Navy problems or family problems you have. We can help by giving you some great contact information regarding your medical benefits, things to do around the area, help with your budgeting, child care, marriage counseling, job hunting and much more. Please do not hesitate to call or e-mail any one of us.

Michelle Bandini
Theresa Banks
Heather Hopkins
Kara Salka

VQ1_Ombudsman@Yahoo.com

Coupeville Memorial Day Parade

Bring your family and enjoy Coupeville's Historical Memorial Day Parade and Remembrance Ceremony with picnic following at town park. Parade starts at 11:00 am with Flyover from NAS Whidbey Island. Parade includes Northwest Junior Pipe Band, antique cars, animals, Veterans, US Navy and US Coast Guard, Tractors, Floats and more. Remembrance Ceremony will be at Town Park at 12 noon followed by Annual Town Picnic with free hot dogs, drinks and ice cream until gone. Coupeville's wonderful setting makes a great backdrop to one of the oldest Memorial Day Parades on the west coast. Event Location: Coupeville Event Telephone: 360.678.5434 Start date: Saturday

May 23, 2009 End date: Saturday

May 23, 2009 Times: 11:00 a.m. Contact email:
director@centralwhidbeychamber.com Event Web
Site: centralwhidbeychamber.com

Important Phone numbers:

Fleet and Family Support Center:

Counseling.....257-3266

Individual deployment Assistance.....257-8053

FFSC Appointments....1-866-854-0638

New parent support Group.....257-6778

Personal Financial Management.....257-8044

Military One Source:

1-800-342-9647

The American Red Cross:

1-877-272-7337

Naval Hospital Front

Desk Check-in:

257-9831

Naval Hospital

Appointment Center:

1-800-404-4506

Personal Property and Household Goods office Move!

The Personal Property/Household Goods Office is preparing to re-locate from building 13 on Seaplane Base to the Nor'Wester on Ault Field.

They will re-open for business on Monday, May 18.
The customer phone line will be 360-257-3104.

The **NAS Whidbey Drug Education For Youth (DEFY)** is accepting youth applications for children 9-12, for the 2009-2010 program session.

DEFY is a youth program similar to D.A.R.E., but specifically designed for Navy and Marine Corps active duty, reservists, and civilian employees. We are looking to fill a 40-50 youth roster for the 2009-2010 year, base wide. Last year it filled up very quickly. Applications (see attached) can be turned in to any mentor of your choice.

DEFY is a great opportunity and is fully funded through the Office of the Secretary of Defense. That means DEFY t-shirts, backpacks, water bottles and ball caps, plus all food, admissions, and transportation from base to any event are completely free.

This year's one-week summer camp at Fort Casey will be held July 13-17th, followed by monthly meetings, one Saturday each month for the following 11 months.

For more information please visit the link below or contact one of your local DEFY Mentors.

<http://www.donhq.navy.mil/defy/default.htm>

PS1(AW) Joycelin Vester	NASWI	7-8800
AT1(AW/SW) Daniel Graham	FRC Northwest	7-2991
YN1(AW) Sophia Graham	VQ-1	7-5944
AT2(AW) Kristopher Burris	FRC Northwest	7-4678
PS3 Tanya Belna	FRC Northwest	7-8953

We look forward to another fun and exciting year.

"Tell them and they'll forget. Show them, and they may not remember. Involve them, and they'll understand."

Here's your chance to be heard on our Outdoor Recreation Program!

MWR appreciates your feedback on Crescent Harbor Adventures' outdoor recreation classes, trips and programs as well as equipment for rent and sale. It will take about 5 minutes to complete and your feedback is appreciated! Completions will be accepted through May 22. Click here to respond:

<http://www.zoomerang.com/Survey/?p=WEB2294859U7CS>

Hear about ARTHRITIS at Officers' Club- Open to EVERYONE!

Get the Facts about Arthritis from Dr. Kevin Welk, MD, during lunch May 26 from 11:30 a.m. to 1 p.m. at the Naval Air Station Whidbey Island Officers' Club.

Did you know the term "arthritis" is really an umbrella for more than 100 forms of rheumatic diseases? Several types of arthritis can affect anyone, no matter what your race, gender or age.

Space is limited. Respond to Kimberly Neuhauser at 672-5076 or email kimberly@whidbeyislandjewelry.com

Free run for kids ages 5 - 13 at the Youth Activities Center May 16 at 8 am

Check-in starts at 8 am

Race start times-

8:30 am: ages 9 - 13 (2 miles)

9 am: ages 7 - 8 (1 mile)

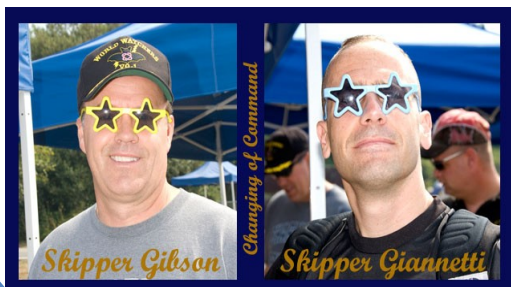
9:30 am: ages 5 - 6 (1/2 mile)

FREE t-shirt to first 100 registrants

Pre-registration is recommended - register online at www.americaskidsrun.org or at the Youth Activities Center

More info - call 360-257-3150

**VQ-1 Ombudsmen
Would like to say
Farewell to Skipper
Gibson and Howdy
to our new
Commander**



MWR is taking registrations online for the 3rd annual NASWI Great American Campout, a free weekend of s'mores, stargazing and fun! It will be held this year at Cliffside RV Park

June 26 - 28 (2 pm Friday to noon Sunday).

Tentative schedule includes campfire activities, stargazing, nature walks, geocaching, crafts, surf fishing demo, archery and a scavenger hunt.

We will provide your meals as well as any camping equipment you may need.

Crescent Harbor Adventures' staff will contact you several weeks prior to the campout to determine your gear needs.

Registration is open online for the campout at:
<http://tinyurl.com/NASWIncampout>

If you don't already have a navylifepnw.com account set up, it's quite easy to do. Just click the "Add" button on the page to start the process.

The event is **free**, but you will need to register each member of your family individually. If you have any difficulties registering, please contact Dave Myers at 360-257-0853.



Walt Disney World Salutes the Men and Women Who Serve

- Save up to 40% on rooms
- **Special deal for eligible members of the U.S. Military: Save up to 40% on rooms at select Disney Moderate Resorts!*** For stays most nights January 4 to December 23, 2009, except not available at all 4/23-4/26/09, 6/13-6/18/09 and 11/24-11/27/09.
- Also, ask about special rates through December 23, 2009 at other select *Walt Disney World®* Resort Hotels.
- *The number of rooms allocated for this offer is limited. Minimum length of stay requirements may apply for Friday or Saturday arrivals. Savings based on non-discounted price for the same room. No group rates or other discounts apply. Advance reservations required. Additional per-adult charges apply if more than two adults per room.
- Plus a complimentary 5-day "Disney's Armed Forces Salute" ticket
- Through December 23, 2009, each active or retired member of the U.S. military may obtain one complimentary 5-day "Disney's Armed Forces Salute" ticket with *Park Hopper®* and *Water Park Fun & More* options. This ticket is valid for five days of admission into the four *Walt Disney World®* theme parks, plus a total of five visits to a choice of a Disney water park, *DisneyQuest® Indoor Interactive* Theme Park or certain other attractions. During this offer period, active or retired U.S. military personnel (or their spouses, but not both) may purchase up to a maximum of five 5-Day "Disney's Armed Forces Salute Companion" tickets (one theme park per day) for \$99 per ticket, plus tax, for family members (including spouse) or friends. Although this ticket for family members and friends does not include either the *Park Hopper®* or *Water Park Fun & More* options, this ticket can be upgraded to add either such option, or both, for an additional \$25, plus tax, per option. Actual prices may be less. All tickets and options are non-transferable and must be used by December 23, 2009.
- Activated members of the National Guard or Reservists (with orders showing active status after January 1, 2008) and active or retired members of the United States Coast Guard are also eligible to participate in this offer.
- "Disney's Armed Forces Salute" tickets can be obtained only at participating U.S. military base ticket offices (including at the Shades of Green Resort at the Walt Disney World® Resort), or at main entrance theme park ticket windows. Tickets are not valid until activated at the main entrance theme park ticket windows. Valid military identification (including, for activated members of the National Guard or Reservists, orders showing active status after January 1, 2008) will be required to be presented by the service member (or spouse) for all ticket transactions (including to activate tickets at the main entrance theme park ticket windows). See your military base ticket office or [click here](#) for details. All parties must be present when purchasing or activating tickets at main entrance theme park ticket windows.
- Visit your local ITT office for details and to book or get your tickets by December 23, 2009.

NORTH WHIDBEY PARKS & RECREATION DISTRICT PRESENTS:

SPRING SPECIAL EVENTS



Bubble Bash & Splash

Saturday, April 25th, 5:30-7:15 pm
Bring the whole family for a bubbly adventure!

Food! Fun! Unique Festivities!
Fee: Family—\$ 6.75—Youth- \$ 3.00

4th Annual Pirates' Plunder

Saturday, May 30th, 5:30-7:15pm
Bring the whole family to hunt for special treasures and enjoy an after-event dessert!
Fee: Family \$6.75-Youth-\$3.00



Summer Vacation Celebration 101



Friday, June 19th, 1:15-2:45 pm
Free Fun! Free Food!

No charge if you passed school!

For More Information Call: (360) 675-7665



*Fair Winds and Following
Seas Skipper Gibson*